



16. thüringen ULTRA
Fröttstädt / 06.07.2024

Detailed evaluation

Silke Herrmann

Club: JA zur Liebe
Number: 83

Course: 100.00 km
100 Kilometer

Category:
Seniorinnen W45 (45-49)

Total time: 12:11:55

Speed: 8.20 km/h
Running performance: 7:19 min/km

Rank in course/Total: 37 (of 195)

Rank in course/Women: 6 (of 39)

Best time in course: 9:39:32

Rank in category: 2(of 6)

Best time in the category: 10:49:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Glasbachwiese	27.00	3:05:37	6:52	2	18:32	5	18:32	27.00	3:05:37	6:52	2	18:32	5	18:32
Floh-Seligenthal	27.00	3:16:29	7:16	2	22:22	7	29:40	54.00	6:22:06	7:04	2	40:54	6	1:16:48
Finsterbergen	22.00	2:53:25	7:52	2	21:26	6	38:22	76.00	9:15:31	7:18	2	1:02:20	6	1:55:10
Waltershausen	19.00	2:24:43	7:37	2	14:54	7	31:01	95.00	11:40:14	7:22	2	1:17:14	6	2:26:11
Fröttstädt	5.00	31:41	6:20	2	5:01	8	7:55	100.00	12:11:55	7:19	2	1:22:15	6	2:32:23